



Five Ingredients or Less

Using five ingredients or less, serve up one of these easy-to-grill seafood recipes Labour Day long weekend. As well, dish one of them up with a plate of linguine for that first day of school dinner celebration.

RED CURRY AND COCONUT SHRIMP

Bamboo skewers	1/4 cup (50 mL) well-stirred canned coconut milk
1 lb (500 g) frozen raw shrimp, thawed	1 tbsp (15 mL) red curry paste

Soak bamboo skewers in hot water for 30 minutes. Peel and devein shrimp, leaving tails intact. Pat shrimp dry with paper towels. To prepare marinade, whisk together coconut milk and red curry paste in a bowl until blended. Add shrimp to marinade and toss to coat. Let stand for 30 minutes. Remove shrimp from marinade; discard marinade. Thread shrimp onto soaked skewers. Grill shrimp skewers over medium heat on natural gas barbecue until shrimp are pink and opaque, about 3 minutes per side. Do not overcook. Serves 4.

PINEAPPLE SHRIMP SKEWERS

Bamboo skewers	1 tbsp (15 mL) oil
1 can (14 oz./398 mL) pineapple chunks, drained, reserving juice	1 tbsp (15 mL) grated fresh ginger
1/2 cup (125 mL) barbecue sauce	1 pkg (340 g) frozen shrimp, thawed, peeled and deveined

Soak bamboo skewers in hot water for 30 minutes. Combine 1/3 cup (75 mL) reserved pineapple juice, barbecue sauce, oil and ginger in a small bowl. Alternately thread shrimp and pineapple onto soaked skewers. Reserve any remaining pineapple for another use. Grill shrimp skewers over medium heat on natural gas barbecue, basting with sauce, until shrimp are pink, about 3 minutes per side. Serves 4.

SCALLOP AND SHRIMP TOSS

2 tbsp (25 mL) butter, melted	12 large scallops
1 tsp (5 mL) lemon pepper	12 medium shrimp, peeled and deveined
1/2 tsp (2 mL) fennel seed, crushed	

Combine butter, lemon pepper and fennel seed in a bowl. Add scallops and shrimp and toss until coated with butter mixture. Transfer scallop mixture to a grill wok. Grill over medium heat on natural gas barbecue, stirring frequently until scallops are opaque and shrimp are pink, about 6 - 7 minutes. Serves 4.

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GARLIC ROSEMARY SHRIMP

Bamboo skewers	2 tbsp (25 mL) finely chopped
1 lb (500 g) frozen raw shrimp, thawed	fresh rosemary
3 tbsp (40 mL) olive oil	1/2 tsp (2 mL) salt
8 cloves garlic, finely chopped	

Soak bamboo skewers in hot water for 30 minutes. Peel and devein shrimp, leaving tails intact. Pat dry with paper towelling. To prepare marinade, combine oil, garlic, rosemary and salt in a heavy zip-lock plastic bag. Add shrimp and squeeze bag to coat shrimp with marinade; seal bag. Let stand for 30 minutes. Remove shrimp from marinade; discard marinade. Thread shrimp onto soaked skewers. Grill shrimp skewers over medium heat on natural gas barbecue until shrimp are pink and opaque, about 3 minutes per side. Do not overcook. Serves 4.

Cook's Note: *Using a mini food processor is a fast and easy way to chop the garlic in this recipe.*